

# APAAC ANNUAL VICTIM ADVOCATE CONFERENCE

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## VICARIOUS TRAUMA

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## **Resiliency Strengths/Emotional Intelligence Skills**

Able to name your emotions

Possess optimism

Own your mistakes

Good listener

Control or redirect moods

Assertive

Think before acting

Willing to compromise

Open to feedback

Flexible

Desire to achieve

Able to reframe negative situations

Internally motivated

Participate in positive self-talk

Have positive connections with  
others

Positive self-esteem